

Weekly Workout Schedule

weekly workout calendar for _____

Monday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
Tuesday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
Wednesday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
Thursday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
Friday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
Saturday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
Sunday	Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>

Created by Alisha @ Flourish (@alishagrathouse.com)

weekly workout calendar for _____

Monday	Tuesday
Cardio _____ Strength Training _____ Total water consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>	Cardio _____ Strength Training _____ Total water consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
Wednesday	Thursday
Cardio _____ Strength Training _____ Total water consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>	Cardio _____ Strength Training _____ Total water consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
Friday	Saturday
Cardio _____ Strength Training _____ Total water consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>	Cardio _____ Strength Training _____ Total water consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>
Sunday	
Cardio/Strength Training _____ Total Water Consumed _____ mL <small>(Cardio: 30 mins through strength: 10 mins through cardio: 10 mins)</small>	

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Daily Scriptural Encouragement

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